

Make Space for God

February 26, 2023

1st Sunday in Lent

ARCHDIOCESE OF SEATTLE

At Home with Faith

Lent is a time to remember that we need Jesus, God's saving word.

Our first step is to Make Space for God, removing the things that distract us from him.



Photo: Adobe Stock

When Adam and Eve committed the “original sin” in the Garden of Eden, they chose something that was not good for them from the Tree of Knowledge of Good and Evil over something much better from God’s Tree of Life.

We face a similar temptation. We live in a world filled with distractions. Some of them bad, others mostly harmless. None of them are as good as what God intends for us.

The first step in a good Lent is making space for God by setting aside distractions. The next step is to let God’s Word enter into that space. Use the Make Space for God *Lenten Tabletop Conversation Guide* to welcome God’s Word to your dinner table.

Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

Genesis 2:7-9, 3:1-7

The Fall in the Garden of Eden.

Psalms 51

Be merciful, O Lord, for we have sinned.

Romans 5:12-19

Christ repairs the sin of Adam.

Matthew 4:1-11

Jesus overcomes the temptation in the desert.

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Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Tell your children how Lent is a time to clear away distractions so as to let God's Word enter our lives. Then, print out this *Tabletop Conversation Guide* for your family, fold it in three so it can stand upright on your table. You might need to tape it together so it stands properly.

Tell your children that it is a reminder that our family dinner table is a sacred place to grow closer to God and each other. Let them know that, this Lent, we will set aside distractions like mobile phones and other screens, keeping them away from the table when we are there for dinner.

Then, each Sunday night, use the tabletop discussion guide to prompt prayer and to facilitate a family discussion. This creates an opportunity for God to enter into our lives this Lent.

Visit us online for more prayer resources and weekly Lenten reflections:

<https://archseattle.org/lent/>



Download the special *Tabletop Conversation Guide* for the dinner table to help your family make space for God this Lent.

At Home with Faith | Lenten Tabletop Conversation Guide

<https://athomewithfaith.org/>

Check out this one-minute video – very appropriate for children – that describes the meaning of Ash Wednesday and Lent:

Ash Wednesday and Lent in 60 seconds - with LEGO!

<https://youtu.be/beWSVFNPw0s>

Reflect on the meaning of Ash Wednesday and the way we look forward to Palm Sunday and Easter.

Why the Ashes? The Meaning of Ash Wednesday

<https://catholic-link.org/images/infographic-the-meaning-of-ash-wednesday/>

For more resources, visit us online at:

<https://www.athomewithfaith.org>